

Adolescence

A long transitional stage between childhood and adulthood

Physical Development

Puberty

Rapid growth in height and weight

Pituitary signals increase in hormones

Estrogen in females, testosterone in males

Girls show signs between 8 to 10 years of age

Boys show signs at about age 12

A secular trend shows pubertal onset is now earlier

Growth spurt for girls is at about 10 years

Growth spurt for boys is at about 12 or 13

Better health and care may have effects

Primary sex characteristics

Bodily characteristics directly related to reproduction

Organs necessary for reproduction

Ovaries, uterus and vagina in females

Testes, prostate gland, penis, and seminal vesicles in males

Maturation and enlargement of sex organs

Secondary sex characteristics

Physiological signs that do not directly involve the sex organs

Breasts, voice changes, hair growth, etc.

Signs of sexual maturity

Spermarche in males

Menarche in females

Early maturation affects boys and girls differently

Boys gain in self-esteem

More favorable body image

May not act as mature as he looks

Girls tend to be less sociable, expressive and poised

More introverted and shy

Poor body image and self-esteem

Health Concerns

Healthy time of life

Problems stem from lifestyle factors and poverty

Less likely to see a physician regularly

Leading cause of death is accidents

Homicide leads among African Americans

Firearms lead among boys

Depression

More likely in girls than boys

Girls react more to life changes

Girls are more likely to be concerned about appearance

Nutrition

Teenage boys need 2,800 calories per day

Teenage girls need 2,200 calories per day

Common deficiencies are of calcium, zinc, and iron

Obesity

Obesity is the most common eating disorder

Causes include too little physical activity and poor eating habits

More likely to be obese in adulthood

May lead to poor psychological adjustment

Anorexia Nervosa

Self-starvation and eating disorder

Affects mostly white females

Weight is 85 percent of what is normal

Preoccupied with food

Distorted body image

May be a reaction to social pressure

Bulimia

Engages in a pattern of bingeing and purging

Affects mostly females

May be intermittent or chronic

May use food to satisfy need for love and attention

Use and abuse of drugs

Drug use among teens declined since 1996

Drugs most commonly used by teens are alcohol, tobacco and marijuana

Marijuana is most widely used illicit drug

Sexually Transmitted Diseases

One of three cases occurs among teens

Human papilloma virus is the most common STD

Chlamydia is the most common curable STD

HIV and AIDS

Transmitted through bodily fluids

Significant increase since 1980

Average age from infection to death is about 10 years

Piaget's stage of formal operations

Abstract thinking

Develop hypotheses

Form theories

Uses deductive reasoning

Immature aspects of adolescent thought

Finds fault with authority figures

Argumentative

Indecisive

Displays hypocrisy
Self-conscious(imaginary audience)
Assumes invulnerability(personal fable)

Kohlberg's Theory of Moral Reasoning
Preconventional
Conventional
Postconventional
Influences on school achievement
Parental involvement and parenting style
Student's self-efficacy beliefs
Gender
Peer group
Quality of schools

Dropping out of school
Poverty
Family instability
Poor grades
Expelled or suspended
Poor quality schools
Pregnancy
Drop out rates
College and career planning
Gender influences
Parental influences